



Town of Shrewsbury
Parks & Recreation Department
100 Maple Ave, Shrewsbury MA
Email: parkrec@shrewsburyma.gov
508-841-8503

2016 Fall Brochure

Existing On-line Account

Please log into your account a few days before registration to confirm household information (username, password, birthdates, grades and contact info).

New Online Accounts

If you have registered with us in the past and provided a valid email address then you will be in our online system. Please contact us at parkrec@shrewsburyma.gov for password or user name info.

If you have not registered with us before then please click on the "New Account" under Quick Links to submit household information to us. Please allow one business day for the household account to be approved.

shrewsburyma.gov/parkrec

**Online Registration
for Residents
Sept 13th @8am**

**Online for Non-Residents
Sept 15th @8am
(If space is available)**

**Mail-in/Drop offs
Sept 15th**

Registration forms received before noon will be randomly entered by the end of the day (space availability)

Winter Youth Basketball

Online registration will be accepted starting October 4th @7am. Basketball is open to boys and girls in grades 3-9th. Details are listed in the brochure on Page 7 and on our web site. Please make sure that your online account is up to date (address, phone numbers, ages, grades etc.)

Office Hours Mon.-Fri. 8am-12pm & 1pm-4:30pm

Visit us on the web at: www.shrewsburyma.gov/parkrec

Please Recycle this Brochure



SHREWSBURY PARKS & RECREATION FALL 2016

Policies

Please contact us at 508-841-8503 with any questions. Office hours are Mon-Fri 8am-Noon & 1-4:30pm.

Registration & Program Info

Online Registration is Preferred

Programs have enrollment limits, and sign-ups are accepted on a strict first come basis. Registrations are non-transferable. Registration forms must be signed by a parent. A registration will not be accepted without a properly completed form. All registrations are subject to review for eligibility. Programs are for residents unless otherwise noted with a non-resident fee. Non-Residents may register starting September 15th unless otherwise noted. Must have an active household account to register online. Incomplete or inaccurate forms will be returned.

Proxy Registrations

A person may submit another's registration form, provided the form is properly completed and signed and accompanied by the correct fee. Limit of one per submitted (in addition to your own).

Refund Policy

Refunds must be requested in writing or via email within three (3) days of receipt. A household credit will be applied to your account minus an administrative fee. A refund check may also be requested, but will take up to three weeks to be processed. The fee shall be \$10.00 for programs under \$99.00 or \$15.00 for programs \$100.00 - \$199.00 and \$20 for programs more than \$200.00.

Verifiable medical excuses will be granted prior to the start of the program or pro-rated once the program has started. A household credit will be issued.

If we are able to sell your spot to someone on the waiting list then a refund will be processed minus the administrative fee.

Please note that refunds of less than \$10.00 will be applied to household credit only. There are no refunds issued for missed or canceled classes due to weather.

Advertisements

Programs and special events will be shown on channel 15 & 26, in local print, online, newspapers and town web site.

Brochures will be distributed throughout the school system in the Fall and late Spring.

Waiting List

If a program is full, a participant can be placed on the online waiting list. If a spot does become available we will use the waiting list as a reference. Once you agree to take the open spot, you will have 24 hours to pay online (item will be located in shopping cart). If payment is not received within 24 hours the open spot becomes available to the next waiting list participant).

Cancellation Policy

Programs may be cancelled due to lack of enrollment, inclement weather and holidays. We also reserve the right to cancel any registration due to misprints or human error. The parks & recreation department is not responsible for rain/snow cancellations and will do its best to make up classes permitting time or weather constraints.

Cancellation Hotline

Contact 508-841-8336 for any cancellations due to inclement weather (@ 1 hour before the class starts).

Age & Grade Requirements

All programs are to follow the set grade or age limit that is specified in the brochure. The age limit required corresponds to the date of the first class. The grade limit required corresponds to the child's current grade level. Adult classes are aged at 18 and older unless otherwise specified, Seniors are aged 60 and older. All registration forms must have a date of birth listed.

Code of Conduct

We ask all participants to respect the staff, other participants, age requirements, and the equipment. Please refrain from causing bodily harm to others and from using foul language. Additional rules will be announced at each program. If a participant fails to cooperate with the rules, the department reserves the right to dismiss or suspend a participant with no money refunded. Each situation will be evaluated by the director.

Valuables

The parks & recreation department is not responsible for any lost or stolen items, valuables in particular should not be brought to any program.

Medication Policy

Parks and Recreation staff cannot dispense medication and/or epi-pen. An epi-pen may be kept on site in case EMS is called for an emergency. If a child requires daily medication, parents must make arrangements for someone to come and dispense the medication if necessary. In case of emergency we will call 911.

Photo Policy.... Smile

The recreation department and/or press will take pictures & video on occasion of participants for publicity purposes and for local cable. If you do not want to have you or your child photographed, please let us know.

Contracted Programs

Course content is under supervision of the contracted vendor.

Switching of Classes

Participants will not be allowed to switch or change programs to different nights.

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The Complete Workout

Look and feel your best while improving strength, flexibility, and endurance. This class will exercise mind and body with the latest in aging research, falls prevention, and nutrition information. Karen McKenzie is a senior fitness specialists and host of cable TV's talk show "Seniors on the Move" (8 classes).

#124050-A Time: 9:30 -10:30AM
Res: \$25 Non-Res: \$25 Dates: 9/28-11/16
Day: Wed Age: Seniors Loc: Senior center

Adult Tennis

Lesson are for beginners, who are brand new to the sport, or who is relatively new and not yet playing in an actual game situation. Intermediate players are able to serve, rally and play games/sets. Participants will provide their own racquets for class. Balls are provided. Loc: Dean Park

Ages: Adults Instructor: Tony Brissette
#123010-B (Beginner) Dates: 9/21-10/5
Day: Wednesdays Time: 6:30-7:30PM
Res: \$32 Non: \$32 (3 classes)
#123010-A (Intermediate) Dates: 9/20-10/6
Day: Tues & Thurs Time: 6:30-7:30PM
Res: \$65 Non: \$65 (6 classes)

Yoga for Strength

Yoga for Strength is an all levels class that uses poses to build strength and muscle tone using your own body weight, as well as the inclusion of small weights (1-3 lbs). In this class we will hold poses to help build strength and stamina. Adding weights helps to build muscle and increase bone density and is a great way to maintain strength. During class you are encouraged to go at your own pace in a noncompetitive and nonjudgmental approach and to respect the signals that your body sends you. Please bring a mat and a set of 1 to 3 pound weights.

Loc: Beal School Instructor: Kris Wilhelmy
Dates: 9/22-12/8 (no 11/24, 11 classes)
#123079-A Ages: Adults Time: 6:30-7:30PM
Res: \$77 Non-Res: \$87 Day: Thursdays

Competitive/Advance

Co-Ed Volleyball

Players who played in competitive leagues and/or HS or College matches. Yankee B- and higher skill level. Skill sets for multiple positions and formations (example: attacker, setter, 4 vs 4 diamond formation). High intensity, fast paced game with rotation between courts for multiple games. For new players, you must contact Recreation Supervisor Gary Grindle (ggrindle@shrewsburyma.gov or 508-841-8503) before the system will allow you to register.

Ages: Adults

#123211-B Time: 7:45-9:30pm
Day: Tuesdays Loc: Sherwood MS
Dates: 9/20-12/6 (11 classes, no 11/8)
Res: \$45 Non-Res: \$45

Recreational Co-Ed Volleyball

Recreational volleyball for beginners and intermediate players. Our volleyball instructor Madelyn O'Farrell will be available each Thursday to instruct any adults that are looking to learn or improve on volleyball skills and rules. Our focus is to build up the volleyball program by offering multiple nights and skill levels for adults in the Shrewsbury area. Ages: Adults

#123210-A Time: 7:45-9:30pm
Day: Thursdays Loc: Sherwood MS
Dates: 9/22-12/8 (11 classes, no 11/24)
Res: \$45 Non-Res: \$45

Men's Informal Basketball

Pick up games are played on a weekly basis. Basketball is a great way to keep in shape during the colder months. Participants are able to play on Tuesdays and/or Wednesdays. Non-Residents can register starting Sept 15th if there is still availability.

#123020-B Res: \$50 Non-Res: \$60
Time: 7:45-9:30pm (20 classes)
Ages: Adults Loc: Oak MS
Dates: 9/20-12/7 (no 9/27, 9/28, 11/8 & 11/23)
Day: Tuesdays & Wednesdays

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Tai Chi & Chi Gong

The Tai Chi form is a method whereby a person can practice the maneuvers used in self-defense in order to develop internal power and external flexibility. Daily Tai Chi practice will enhance the quality of life.

#123070-A Res: \$56 Non-Res: \$66
Dates: 9/28-12/7 Ages: Adults
(No 11/23, 10 classes)
Time: 6-7:15pm (varies by skill level)
Beginners at 6pm and repeat students at 6:30pm
Day: Wednesdays Loc: Beal School
Instructor: Laurie Demers

Beginner Yoga

This is a Hatha yoga class which involves moving through a sequence of asanas (poses), breath awareness, and meditation, as we align, strengthen and calm the body, mind and spirit. Health benefits include overall toning, increased flexibility and range of motion, core strength, improved circulation and poses, as well as reducing tension, relaxing tight muscles, and increasing breath awareness for a more calm, yet energized state of mind. During class, you are encouraged to go at your own pace in a noncompetitive and nonjudgmental approach and to respect the signals that your body sends you. Class ends with relaxation to leave you feeling invigorated, peaceful and relaxed. This class is suitable for beginners or more experienced students who prefer a more gentle class. Please bring a mat to class.

Loc: Senior Center Instructor: Kris Wilhelmy
Dates: 9/20-12/6 (no 11/8, 11 classes)
#123080-A Ages: Adults Time: 6-6:55PM
Res: \$77 Non-Res: \$87 Day: Tuesdays

Please activate or "login" into your online account prior to registration. Don't wait until the last minute. Any changes require one business day.

Zumba®

Zumba is a Latin-inspired, dance-fitness class that incorporates Latin & international music and dance movements. The class combines fast and slow rhythms that tone and sculpt the body using an aerobic/fitness approach to achieve a unique blended balance of cardio and muscle-toning benefits. All levels welcome!

#123082-A Res: \$62 Non-Res: \$72
Dates: 9/26-12/5 (no 10/10, 10 classes)
Time: 6:30-7:30pm Loc: Beal School
Day: Mondays Ages: Adults (ages 15 and up with parent participation)
Zumba Instructor: Laurie Demers

Intermediate Yoga

This class is for those students comfortable with the asanas (poses) taught in the beginner class and who want to deepen their practice. The main requirement for this class is good body awareness. Each asana is held a little longer which helps to increase your strength, stamina and breathing capacity. Proper breathing and body alignment are emphasized. Class ends with relaxation to leave you feeling invigorated, peaceful and relaxed. Please bring a mat to class.

Loc: Senior Center Instructor: Kris Wilhelmy
#123081-F Ages: Adults Time: 7-8:15pm
Dates: 9/20-12/6 (no 11/8, 11 classes)
Res: \$94 Non-Res: \$104 Day: Tuesdays

Adult Golf

A great program for golfers of all levels. Instructors work with participants individually within the group for gradual improvement over the span of five classes.

#123220-A Day: Saturdays
Time: 12-1PM Res: \$140
Dates: 9/24-10/22 (5 classes)
Location: Juniper Hill-Golf Teaching Center
142 School Street, Northboro. Please call 508-351-9500 with any questions (clubs are available).
Ratio is normally 5 students to 1 instructor.

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Teen Co-Ed Volleyball

Each week we will focus on a new skill while reviewing previously skills learned. Skills that will be learned include bumping, setting, blocking, serving, positioning and rules. Time will also be set aside for the pickup games. We now have 2 professional volleyball court systems that mount into the floor at Sherwood MS. Program is for both boys and girls. Grades: 7-10th

Non-residents can sign up starting Sept 13th

#122211-A Time: 6-7:30PM
Res: \$50 Non-Res: \$50 Loc: Sherwood MS
Instructor: Madelyn O'Farrell Day: Tuesdays
Dates: 9/20-11/15 (no 11/8, 8 classes)

Youth Golf Lessons (Age 7-14)

The beginner lessons are designed to teach the fundamentals of the game to players new to the sport. Intermediate lessons are for players who have played on the golf course and understand the basics swings/skills.

#122220-A Beginner Day: Saturday
Res: \$115 Dates: 9/24-10/22 (5 classes)
Time: 1-2PM

Location: Juniper Hill Country Club
Juniper Hills, 142 School Street in Northboro.
Please call 508-351-9500 with any questions (clubs are available). Ratio is normally 5 students to 1 instructor.

Skills & Drills Basketball Clinic

Players will build on the basic skills that have been acquired from playing in a league. Topics to be covered will include picks & rolls, jump shots, post plays, fast breaks, and proper man to man coverage. Mo Tucker will be implementing the clinic. Program is open to both boys & girls. Dates 10/3-11/14 (no 10/10, 6 classes)

#122021-A Time: 6-6:45pm Loc: Oak MS
Res: \$52 Day: Monday Grades: 3&4th
#122021-B Time: 7-7:45pm Loc: Oak MS
Res: \$52 Day: Monday Grades: 5-8th

Youth Tennis

A beginner is one who is brand new to the sport, or who is relatively new and not yet playing in an actual game situation. Intermediate players are able to serve, rally and play games/sets. Students will provide their own racquets for class. Balls are provided. Two weather make up classes will be held the week after the session ends if necessary. Instructor: Tony Brissette

# 122010-A (Beginner)	Day: Mon & Wed
Grades: 3&4 th	Time: 4:30-5:30PM
Loc: Dean Park	Res: \$65
Dates: 9/19-10/5 (6 classes)	

# 122010-B (Beginner)	Day: Mon & Wed
Grades: 5-7 th	Time: 5:30-6:30PM
Loc: Dean Park	Res: \$65
Dates: 9/19-10/5 (6 classes)	

# 122010-C (Beginner)	Day: Tues & Thurs
Grades: 3-4 th	Time: 4:30-5:30PM
Loc: Dean Park	Res: \$65
Dates: 9/20-10/6 (6 classes)	

# 122010-D (Intermediate)	Day: Tues & Thurs
Grades: 5-7 th	Time: 5:30-6:30PM
Loc: Dean Park	Res: \$65
Dates: 9/20-10/6 (6 classes)	

Tae Kwon Do (Beginners)

TAE KWON DO develops self confidence, self defense training and self discipline. A uniform is included for participants. This program is for new applicants that have not taken classes with the Academy. Location: US TAE KWON DO center academy (Rte 9, next to Town Fair Tire)
Ages: 6 to 12 for classes below

#122290-A	Dates: 9/27-10/27	Res: \$72
(10 classes)	Time: 5:50-6:35pm	Day: Tues & Thurs
#122290-B	Dates: 9/24-10/29	Res: \$42
(6 classes)	Time: 9-9:45am	Day: Sat
#122290-C	Dates: 9/24-10/29	Res: \$42
(6 classes)	Time: 10-10:45am	Day: Sat

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Gymnastics

Each structured class is 45 minutes in length, which is designed to introduce basic gymnastic skills and stimulate gross motor skill development for children ages 4 & 5. The use of special preschool equipment, in addition to the safe use of all gymnastic equipment, develops and refines motor skills, coordination, and self confidence. The ratio will be 8 students to 1 instructor. Children must be 4 by the start of the first class. Location: Gymnastics Learning Center, located at 574 Lake Street in Shrewsbury.

#121150-A Time: 1:30-2:15pm Res: \$87
Day: Wednesday Ages: 4 & 5
Dates: 9/21-11/30 (no 11/23, 10 classes)

Fresh-Water Fishing Clinic

Have you ever wanted to learn how to fish? Now's your chance, let the MassWildlife Angler Education Program be your guide. We'll have equipment on hand for use, as well as terminal tackle, and live bait. You'll learn the basics, from casting out, to baiting up. And the best part - you'll actually be able to fish. So come try your hand at this great pastime, guaranteed to catch some fun!
PLEASE NOTE THIS PROGRAM IS INTENDED FOR BEGINNERS.

#122240-A Day: Tuesday
Res: Free Date: 9/27
Ages: 7 and older with adult Time: 5-7pm
Loc: Dean Park Pond Staff: MassWildlife
Please meet on the west side of the pond (below the playground).

Archery

Archery is for everyone! Some kids that may not find their place in other sports have the opportunity to find their niche in archery. All kids can learn and become good at it with practice and good instruction. Coaches follow USA Archery range procedures to ensure kids safety. All On Site Archery coaches and instructors are: Archery certified and Safe Sports trained through USA Archery.

Early Registration starting Sept 8th

#122121-C (5 classes)
Time: 4-5pm Resident: \$100 Non: \$100
Day: Mondays Dates: 9/19-10/24 (no 10/10)
Loc: Floral School Soccer Field
Grades: 3 to 5
Instructor: Amanda Ferrie (On Site Archery)

Special Olympics Basketball
Ages 8 and older
Unified Teams start late November

Teen Tae Kwon Do

Improve self confidence, self defense and self discipline for teenagers! This program is for new applicants that have not taken classes with the Academy. Uniform is included. Location: US TAE KWON DO center academy (Rte 9, next to Town Fair Tire)

#122291-D Dates: 9/23-10/28
Time: 7-7:40pm Res: \$42 (6 classes)
Day: Friday Ages: 12 and up

Contacts for Local Sport Programs 2016

Little League: www.shrewsburylittleleague.com
LL Girl's Softball: www.shrewsburylittleleague.com
American Football: www.sayfco.org
Youth Hockey: www.syha.net
Ski Ward Race Team www.skiwardraceteam.com
Youth Soccer: www.shrewsburyyouthsoccer.com
QRC (Adult Rowing Club): www.qrcrowing.org
Girl's Youth Lacrosse: www.shrewsburygirlslax.usl.la.org
Boys Lacrosse:
www.shrewsburyyouthlacrosse.uslaxteams.com
Girl's Field Hockey: www.wcufha.com

Weather Cancellation Hotline

In case of inclement weather, call no earlier than 1 hour prior to the class starting. If school is cancelled due to weather, all parks & recreation programs are cancelled. If there is a school delay, then all youth AM classes are automatically cancelled. # 508-841-8336

SHREWSBURY PARKS & RECREATION FALL 2016

Shrewsbury Parks & Recreation
100 Maple Ave, Shrewsbury MA 01545
508-841-8503



2016 Winter Youth Basketball

For children in grades 3rd-9th
shrewsburyma.gov/parkrec

Online registration starts October 4th @ 7AM

Basketball is open to boys and girls in grades 3-9th. Please make sure that your online household account is up to date (address, phone numbers, ages, grades etc.) E-mail us at: parkrec@shrewsburyma.gov with any changes for your household. Mail-in/Drop-off registrations will be accepted starting Oct 17th if space is available. On October 17th (if space allows) those students who are enrolled in a Private School in Shrewsbury (proof required, tuition bill, report card or acceptance letter) may register in person. Limited space for each division. If the division is full, enroll on the online waitlist (no fee required at that time).

New Online Accounts

If you have not registered with us before then please click on the "New Account" under Quick Links to submit household information to us. Please allow one business day for the household account to be approved.

All teams will practice once a week and games will be held on Saturdays. Location and times will vary. Youth basketball allows children to learn skills, interact with others and enjoy the game. Recreational basketball also gives all enrolled children the opportunity to participate in the program. There are no tryouts required

Divisions: Boy's 3&4th, Boy's 5&6th, Boy's 7-9th, Girl's 3&4th, Girl's 5&6th, Girl's 7-9th

Volunteer coaches and assistants are an essential part of the youth basketball program. With the leadership, guidance, hard work and volunteered time of these individuals we can ensure a successful program for the children. If you are able to coach or be an assistant, please indicate when registering. **The more coaches we have the more teams in the league.** All coaches need to fill out a CORI background check each year for our department.

Dates: Practices start the week of November 28th. The first games will be held on December 3rd for all divisions. The program will end on February 11th pending snow days. Practice is one day a week, either on Monday, Tuesday, Wednesday or Thursday evenings. There are a **limited** number of spots available. The program is first come, first serve. Practices are 45 minutes between the times of 6pm and 8:30pm (time slot TBD). **Cancellations:** Basketball practice and games will not be held on snow days and/or those days where after school activities are canceled due to weather (will be held on 1/2 Teacher Professional Development days) There are no make-ups for missed practices due to cancellations. Please call the weather hotline 508-841-8336 for updates on cancellations after 4PM on weekdays or after 7:30AM on Saturdays. T-Shirts will be provided at the first practice. Schedules are to be **E-mailed** by late November. **Please notify us if you change email address.**

Resident: \$85

Shrewsbury Private School (Non-Resident, proof required): \$85*

Basketball Refund Policy: returned with e-mail receipt/confirmation by October 17th, minus \$10 administration fee, October 20th thru October 29th minus a \$25 administration fee. Refund after November 1st only if able to fill spot with someone from a waiting list minus \$25 administration fee. No refund will be given after the second practice.

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Online Basketball Registrations are not accepted until Oct 4th. Mail-in forms are accepted after Oct 17th

Shrewsbury Parks & Recreation
100 Maple Ave, Shrewsbury MA
Telephone: 508-841-8503

3 Ways to Register

1. Online for Residents Sept 13th @ 8am (space limited)
2. Online for Non-Residents Sept 15th @ 8am (space limited)
3. Mail-in/Drop offs Sept 15th- Registration forms received before noon will be randomly entered by the end of the day (space availability)

Please Print Required Information Below

Household E-Mail: _____ (Needed for On-Line Account)

Address: _____ Town: _____ Zip: _____

Home Phone: _____

****If Registering Child****

Mother Name: _____ Mother Cell: _____

Father Name: _____ Father Cell: _____

Mother Work Phone: _____ Father Work Phone: _____

Emergency Contact: _____ Relationship: _____

Emergency Cell: _____ Emergency Home/Work: _____

Allergies or Medical concerns: _____

Child's School: _____ Special Needs: _____

Participants Full Name	Date of Birth	Age	Grade In Fall	Male	Female	Activity #	Fee

Indicate here if you don't wish for your child to be video taped or photographed ☐

TOTAL

(checks payable to Town of Shrewsbury)

Waiver: Participant or parent hereby states that he or she understands the physical nature of the activity as well as any risk involved and agrees to release, discharge and hold harmless the Town of Shrewsbury, its employees and agents from any and all actions, claims, damages, and/or injuries that might occur during a parks & recreation activity and that the participant is accustomed to such activity or has consulted a physician as to the advisability of participation. Parent or participant hereby consents to medical treatment in the event of illness or injury (participant or child). Please list any medical/allergies/special needs that the staff should be aware of to make your participation a success. The Recreation Department and/or press will take pictures & video on occasion of participants for publicity purposes and for local cable. If you do not want to have your child photographed please check the box above. I understand the rules/policies stated above and in the brochure or online and agree to follow them accordingly. *Refunds will be granted within 3 days of receipt minus an administration fee, unless the program is underway. If a participant does not follow the rules or guidelines when registering for a program then he/she will not be allowed to participate in that activity.

Participant or Guardian Signature: _____ Date: _____

Office use only:

Amount: _____ Payment: _____